

THE NW MISSOURIAN '09
HEALTH
GUIDE



DEPRESSION

Post-holiday season blues 'sign of economic times'

By Elizabeth Sexton
 Chief Reporter

'Twas the season to be jolly, but a growing number of Americans found holiday anguish wrapped in a new package.

The Mental Health Services at St. Francis Hospital reported a recent spike of patients seeking help this season.

Social worker Vicki Thompson says she has seen more people utilizing the facility, which can be typical right after the holidays.

However, with the surge, Thompson has also seen a "sign of

the economic times."

"People have increased sadness because they don't have the money they think they have to have," she said.

While Thompson is not certain the escalation is entirely economic, the added stress of being laid off this time of year can further the snowball effect of holiday blues.

People get stressed for a variety of other reasons, she said.

The biggest, common problem could simply be a matter of relativity.

"Holiday time is family time and there are a lot of dysfunc-

tional families in the world," said Thompson. "So family time isn't necessarily a good time."

During what is supposed to be a movement of universal joy, Thompson said family anxiety can create a "something must be wrong with me" type of emotion.

Developing stress management skills is one way the staff at St. Francis provides direction for those suffering from holiday depression.

"Smile," Thompson said. "Look at things you are grateful for - things you enjoy; look at success you have had - instead of

looking at everything you have messed up lately.

"People sometimes think that good days come and go, but bad days last forever," Thompson said. "Well actually they both last 24 hours."

The holiday blues are temporal; however, if symptoms of depression and feelings of despair persist for two weeks without relief, a professional can best ascertain a diagnosis.

The first step, Thompson says, is to call a local service.

The Mental Health Services at St. Francis Hospital can be reached

at 562-7922. Counseling is also provided on campus, through the Wellness Center. Appointments can be made by calling 562-1220.

Did you know?

- Depressive disorders affect approximately 18.8 million American adults or about 9.5 percent of the U.S. population age 18 and older in a given year.

Source: National Institute of Mental Health

Why Have These Businesses Selected



FLOORING INNOVATIONS

during their extensive remodels?

- BEARCAT LANES • FAIRFAX R-II
- BRAM FUNERAL HOME • WEST NODAWAY R-I
- LaCHIC SALON & SPA • PRICE FUNERAL HOME
- KEVIN NEAL, STATE FARM INSURANCE
- NORTHWEST MISSOURI CELLULAR
- NODAWAY COUNTY ADMINISTRATION BUILDING

Come Talk to Us About Your Home
 or Business Flooring Needs!



1315 South Main (Next to Sears) - Maryville, MO

660-582-2599

Call for an appointment.

Walk-ins
 Welcome

Advanced Chiropractic Center

DR. RODNEY SMITH

1206 S. Main Maryville, MO

660.582.5959

MON. - WED. & FRI.
 8AM-12PM & 1:30PM-5:30PM
 THURSDAY 1:30PM-5:30PM



usbank
 Five Star Service Guaranteed

Two Locations to Better Serve You

Member of FDIC and
 Equal Housing Lender

North Location:

Main Street across from Mr. Goodcents
660.582.7159

South Location:

Main Street South of Wal-Mart
660.562.2000



Stop by to learn how
 to start a
FREE
 account and use your
 Bearcat Card as your
 debit card.

STRESS

Chronic stress can lead to physical, emotional problems

Lisa Houtchens
University News Editor

Stress happens.

There are always external factors such as work, classes and personal issues that makes stress that much worse.

Stress is any physical or emotional response to change in any social situation, either good or bad, Director of Wellness Beau Dooley said.

There is good and bad stress, Dooley said. Good stress can be seen as a way to train harder or prepare more for what the task

at hand is, in the classroom or on the court, after the situation passes the normal stress level returns.

Chronic stress is the most common stress and happens when you are constantly stressed and too many of the "little things" pile up, Dooley said.

Being stressed frequently can lead to many physical and emotional problems. Eighty to 85 percent of all health issues can be related to stress, Professional Development and Counseling Services Director Tim Crowley said.

Some of the symptoms of chronic stress are high blood pressure, insomnia, anxiety and sleeplessness.

Stress is common in due to the fast pace and the unlimited amount of information. It is due mainly in part that people try to juggle too many responsibilities, Crowley said.

"Stress is here and it is not going away," he said. "The good news is we can be proactive."

The Wellness Center on campus offers resilience training, to reduce stress from everyday life, Crowley said.

"As human beings we are good at caring for other people and not so good at taking care of ourselves," Crowley said. "It all begins with care for ourselves."

Crowley and Dooley offer advice to help reduce stress;

Make connections, whether it is with friends or family, accepting help from someone close can reduce stress.

Accept that change is going to happen.

Develop foresight. Learn from your past to change your future.

Be flexible. Experience the

emotions and take action on any situation.

Be thankful for what is good in your life, forget about the small stuff.

Be proactive, do something; it isn't what you do, it is when you do it.

Be optimistic; expect that good things will happen.

Keep things in perspective; don't make things bigger than they really are.

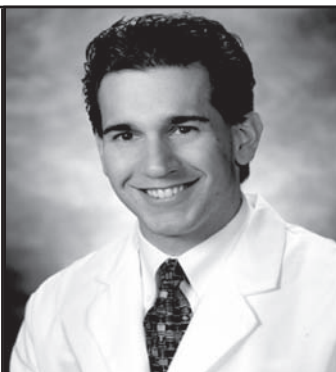
Slow down your lifestyle. Having too much to do is a major cause of stress

Take time for yourself.

2008 VISION CENTER OF THE YEAR

DISTRICT 9

- COMPREHENSIVE EYE-HEALTH EXAMS AS LOW AS \$49
- GLASSES PRESCRIPTION INCLUDED
- CONTACT LENS FITTING WITH FREE FOLLOW-UP CARE
- CONTACTS START AS LOW AS \$17.96 PER BOX



DR. DALLAS FITZGERALD

WAL-MART VISION CENTER
1605 S. MAIN ST.
MARYVILLE, MO
660.562.0215

WEARHOUSE EXCHANGE

clothing, company

Buy Jeans Thursday in the Union

1pm-5pm

Buy name brand clothing

Wednesday

in store 10am-6pm

OPEN M-F 10:00-7:00

SAT 10:00-5:00

660.562.2286



Welcome
Bearcats



Come and enjoy our Homemade Italian Food
NAPOLI'S SPECIALS

TUESDAY NIGHT:
Kids eat FREE!
(ages 10 and under)

WEDNESDAY NIGHT:
FREE pitcher of beer!
(with purchase of two entrees or a pizza)

THURSDAY NIGHT:
ALL teachers and professors
have a glass of wine on us!



2805 South Main Street • Maryville, MO
660.582.3451 (Phone)
660.582.3418 (Fax)

SLEEP TIGHT

Tips for getting a good night's rest

By Fauzia Arain
Chicago Tribune (MCT)

Wake up. If you're lucky, you're still sleeping when it's "time to make the doughnuts."

We asked Joni Caputa, a pastry chef of two years at Bittersweet Pastry Shop in Chicago's Lakeview neighborhood, how she manages to kick the sandman to the curb at 4:15 every morning.

"I don't let myself set a snooze on my alarm, and I put my alarm across the room," Caputa said.

Once she's vertical, "I have coffee immediately from an automatic

coffee maker, and I need a glass of cold water to wake up."

Fall asleep. Whether you suffer from insomnia or are just having an off night, the solution is mostly mind over matter.

No gadgets, no pills, no hypnosis, just some sound advice from Northwestern Memorial Hospital's Dr. Lisa Woofe.

Set your internal clock. "Have stringent times for getting into and out of bed," Woofe said. "Your body has a clock that helps regulate your brain when you're awake and asleep, and your body will autostart the sleep process accordingly."

Get steamed. "Before bed, take a hot shower and then enter a relatively cool bedroom," Woofe recommended as a way to copy the natural effects of a warming sun setting.

"Imagine an ancient man living out on a prairie. When the sun goes up, you get up, when the sunsets, you sleep ... and when the sun goes down it gets cooler. In modern society, we regulate lights and the body gets disconnected from the environment."

Let there not be light. "Get both bright light, like sunlight, in the morning and avoid bright lights in the evening," Woofe said. "And for

shift workers, if you're a third-shift person and you leave work at 10 a.m., put sunglasses on when you go outside."

Work it out. "During daytime, make sure you get exercise. It helps sleep at night, especially for those over the age of 60, for whom staying asleep is a big issue," said Woofe, who cited studies done at Northwestern's sleep center by her colleague Dr. Phyllis Zee. "Research has shown that exercise during the day is better than a sleeping pill." Woofe also says to complete all activity two hours before sleep time.

Put the brakes on your brain. "Keep a worry diary in your bedroom, so when you're thinking, 'I can't forget to get that fax at the office' or 'I have to remember to go

to the post office,' write that in the diary and put it next to your bed," says Woofe.

Another way to distract a restless mind is to fill it with peaceful pictures.

"With imagery therapy, you come up with a pleasurable image, such as a beautiful vacation on the beach, and you concentrate on how the sun feels on your face, the sand on your toes, the cute guy bringing you drinks," she said.

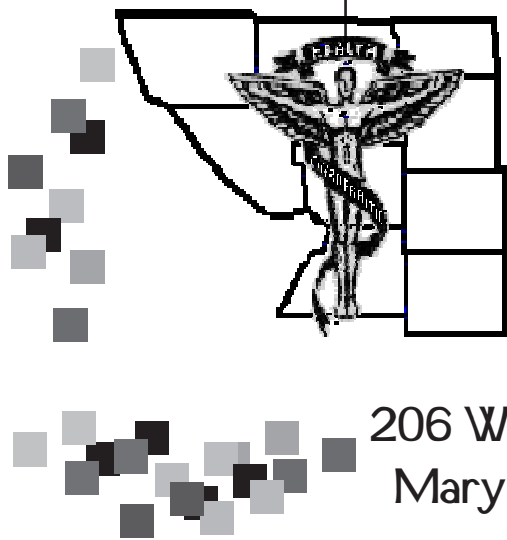
Woofe warned not to sleep in to make up for the lost hours at night. "Keep a fixed wake-up time, and get up and go about your day."

"It's an investment in good sleep," she said. "A little bit of pain today means good sleep for tomorrow."



Northwest Chiropractic Clinic
LLC

Dr. Kevan J. Evans
Dr. Vincent L. Shelby



• Acupuncture

• Applied
Kinesiology

206 West Second Street
Maryville, MO 64468

Phone: 660.582.8099
Fax: 660.582.5161



Brian D. Vierthaler

2336 South Main
Maryville, MO 64468

OFFICE: 660.582. CARE (2273)

FAX: 660.582.4505



660.582.4022

2320 South Main Street
Maryville, MO

Insurance
Accepted

Optometry Vision Source!

Specializing In...

Comprehensive Vision and Eye Health Care Exams
Pediatric Vision Care
Emergency Eye Care



Dr. Jeffery H. Powell
Dr. Ryan H. Powell

Ray-Ban COACH D&G TED BAKER VOGUE VERSACE Tura

Powell Optometry was voted 2008 Nodaway News Leader Readers Choice Award as favorite Optometrist.

CHIROPRACTIC

Chiropractic therapy provides relief for variety of health issues

By Kenny Larabee
Community News Editor

Whether it's acute back pain, a stiff neck or a case of reoccurring headaches, Northwest students and Maryville residents have plenty of options for getting "straightened" out.

That's because many of these symptoms can be fixed with the right touch, a little stretch and a little restructuring. All from the able hands of a chiropractor.

Chiropractic is a therapy that involves restructuring of the body's joints — most notably the spine — which in turn affects the body's nervous system. Many symptoms, such as lower back pain, discomfort in joints and headaches, can all be reduced or treated with chiropractic.

Baker Chiropractic and Rehab, LLC is a business that just opened up on Jan. 6. Its proprietor, Matthew Baker, is a licensed chiropractor. Although treating issues such as back pain is important, people can avoid a lot of inconvenience and discomfort by finding the real problem and addressing it before the body degenerates to that point, Baker said.

"Pain is an alarm going off. You can do things to shut that alarm off, but that doesn't fix

your problem," Baker said. "If the smoke detectors go off in here and I come flying up and I come into the office and I shut the alarm off, have I fixed why the smoke detectors went off? No. You have to get to the fire and put the fire out.

"Treating somebody and making them feel good; it's alright, but it doesn't fix the problem."

To that end, Baker teaches his customers about lifting techniques, stretching, nutrition and exercise to help maintain proper spine structure.

Another tenant of chiropractic that Baker touts is the safety of the therapy.

"One of things I think people are concerned about is the safety of chiropractics," Baker said. "Chiropractic is very, very non-invasive. You don't put anything in your body. We're not going in and cutting anything out of your body. And chiropractic malpractice rates are the lowest of almost any medicine, any physician in the medical field."

Rodney Smith is the licensed practitioner at Advanced Chiropractic Center in Maryville. A chiropractor for 15 years, Smith practices the activator technique. In that, patients' joints are manipulated by a machine, which Smith said many folks prefer.

I don't do the hand manipulation," Smith said. "The instrument moves one bone at a time. It's very specific. Very safe. People that don't like to be twisted, popped and cracked. This is what they like."

Like many chiropractors, Smith offers many basic and advanced services. He's also started using laser therapy that utilizes infrared lights for issues such as swelling and tissue repair.

But chiropractic isn't just for the back, he said.

"A lot of people just think that chiropractors are just for lower back pain. We treat every joint in the body: knees, ankles, elbows, wrists, shoulders, all this stuff," Smith said. "We see a lot of personal injury, whether it be a car wreck or falling on the ice, work-related injuries, workers comp, things like that."

Because chiropractors manipulate the body's nervous system, ailments such as ADHD and bed-wetting can be addressed.

In addition to visiting Baker or Smith, patients can also shop around to Countryside Chiropractic, Lipiec Olav OFC, Maryville Chiropractic Clinic and the Northwest Chiropractic Clinic LLC, all available in Maryville.

And while chiropractic is for

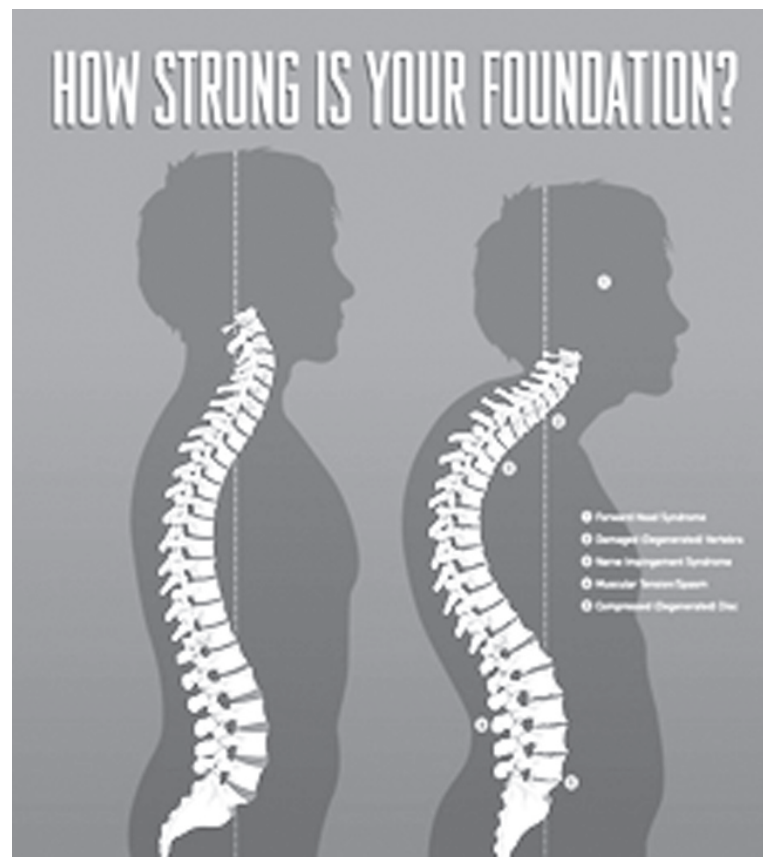


photo provided by Cantonwellness.com

both those needing adjusted to combat pain or those looking to maintain a healthy spine, it also doesn't discriminate against race, gender or even age, Smith said.

"The youngest patient I've adjusted is a day-old baby. And the oldest was 103," Smith said. "You're never too young or too old to have chiropractic."

The Care Clinic

106 West Edwards • Maryville, MO 64468 • 660.562.2273

- **Acute Care**
- **Women's Health**
 - Birth Control
 - Hormone Replacement
 - STD Testing
- **Chronic Health**
 - High Blood Pressure
 - Diabetes
 - Asthma
- **Physicals**
 - DOT
 - Employment
 - Sports/School
- **Well Child Checks**

Family Health and Women's Health Nurse Practitioner

Leslie Luke

New Services:

- Microdermabrasion
- Laser Hair Removal

Open Mon. & Fri. 9am-7pm
Tues. & Thurs. 9am-5pm
Closed on Wed. & Weekends

LEAVERTON AUTO

\$20 off Lifetime Brake Service

Front or Rear Axel

Quality service all makes and models
Since 1993

Expires 3.31.2009
660.562.4884

FITNESS AND RECREATION

GETTING IN SHAPE: Campus, community offer fitness options

By Kiley Swopes
 Chief Reporter

Getting in shape and toning the body is many people's New Year's resolution. However, some may not know where to go to fulfill their goals. Here are some details about multiple fitness options available to help work toward a healthier lifestyle.

Northwest Fitness Center

COST: \$65 per semester

LOCATION: Lamkin Activity Center, South Complex, Phillips Hall (available equipment varies on space)

EQUIPMENT:

Treadmill
 Bikes (spinning/recumbent)
 Stair-climbers
 Total body trainers (elliptical)
 Dumbbells
 Selector weight machines
 Free weights
 Stability balls
 Medicine balls
 Extra
 Blood pressure checks
 Fitness testing
 Personal training
 Help develop a fitness pro-

gram

Group exercise classes at NWMSU

Group exercise classes at Maryville Community Center

HOURS:

Lamkin: 6 a.m. - 9 p.m. Monday-Thursday, 6 a.m. - 7 p.m. Friday, 10 a.m. - 2 p.m. Saturday, 4 - 5 p.m. Sunday.

South: 11 a.m. - 9 p.m. Monday-Friday, noon - 9 p.m. Saturday and Sunday

Phillips: 9 a.m. - 9 p.m. Monday-Friday, noon - 9 p.m. Saturday and Sunday

CONTACT: 562-1708

Recreation Center

COST: Free (must take at least 12 credit hours)

LOCATION: North side of Lamkin Activity Center

EQUIPMENT:

Bikes
 Dumbbells
 Free weights
 Stability balls
 Medicine balls
 Extras
 Basketball court

Racquetball

Tennis court

Wally ball

Ping pong

Indoor track

HOURS:

7:45 a.m. - 9:45 p.m. Monday-Thursday, 7:45 a.m. - 7:45 p.m. Friday, closed Saturday, 2 - 5 p.m. Sunday

Foster Aquatic Center

HOURS:

4 - 5:30 p.m. (lap swim), 5:30 - 7 p.m. (informal swim) Monday - Thursday; 2:15 - 4:45 p.m. (informal swim) Sunday

CONTACT: 562-1606

Looks Salon and Day Spa

COST: \$120 per semester

LOCATION:

316 N. Main Street, Maryville

EQUIPMENT:

Treadmills
 Bikes
 Total body trainers (elliptical)
 Stair steps



photo by sarah h. crank | missourian photographer

WADE MCCONNELEE SPOTS Craig Brooks while weight lifting in the Northwest Fitness Center.

Dumbbells
 Free weights
 Cabel machines
 Selector weight machines
 Stability balls
 Medicine balls
 Extras
 Saunas
 Personal trainers

HOURS:

5:30 a.m. - 10 p.m. Monday-Thursday, 5:30 a.m. - 8 p.m., 10 a.m. - 5 p.m. Saturday, 2 - 5 p.m. Sunday

CONTACT: 562-7525

AL'S HEATING, COOLING & REFRIGERATION, INC.

- Same Day Service,
- Commercial & Residential
- 24-Hour Service
- Satisfaction Guaranteed

660.562.2234
800.507.9113

116 West Third • Maryville, MO

After hours call 660.541.4222 or 660.541.4223

American Standard
 NEW STANDARDS
 FOR LIVING™

Midland Empire Resources For Independent Living

"A Barrier Free Northwest Missouri"

MERIL is a community - based, non-residential program designed to promote independent living and to enhance the quality of life for persons with disabilities by empowering them to control and direct their lives and thus participate actively and independently in society.

Serving a nine county area of
 Andrew, Atchison, Buchanan,
 Clinton, DeKalb, Gentry,
 Holt, Nodaway, and Worth

231 E. Summit Drive
 Suite B
 Maryville, MO
 866-939-2391

4420 South 40th Street
 St. Joseph, MO
 816-279-8558
 www.meril.org

NEW TECHNOLOGY

Cell phone technology promotes heart health

By Evan Young
Editor in Chief

Just in case you didn't think cell phones nowadays had enough features, get ready to add "heart monitor" to the list.

St. Francis Hospital and Health Services in Maryville offers a new, cell-phone based technology for patients who have, or think they may have, heart problems.

The LifeStar Ambulatory Cardiac Telemetry (ACT) program provides patients with 24-hour heart monitoring and arrhythmia detection.

The ACT is different from older heart monitors because it can detect heart problems, like an irregular heartbeat, the patient may not always feel.

"It's like being in a hospital on a regular heart monitor," said Pat Giffin, nurse manager of the emergency room and respiratory therapy department. "Somebody is always watching their heartbeat."

A simple device, the ACT monitor includes a sensor patients wear around the neck and three electrodes that stick to the chest and torso. The monitor connects, wirelessly, to a special Samsung cell phone, which automatically dials a LifeStar call center upon the sensor detecting heart abnormalities.

From there, call center technicians can analyze the problem and contact the patient's cardiologist. If the physician can't be reached, the technicians can immediately call the patient and, depending on the situation, advise them to go to the emergency room.

Patients can also alert LifeStar if they do feel any heart abnormalities by squeezing their sensor. The cell phone then provides an on-screen menu with a list of heart problems from which patients can choose the one they are experiencing. They can also use a keypad to type in any

specific symptoms to send to LifeStar.

Older heart monitoring programs often required patients to dial an 800-number on a land-line phone and possibly be put on hold, all the while sitting through their monitors' beeping or buzzing, Giffin said.

The monitor and cell phone's combined memory can record every heartbeat. Even when a patient has to turn the cell phone off, like when on an airplane, the sensor can continue to record data. LifeStar can take this data and provide the patients' cardiologist with both daily and weekly heart health reports on the Internet.

Even though the region is often prone to bad cell phone reception, the ACT program is serviced by three cell phone service providers and can switch between towers if necessary, Giffin said.

The ACT program set-up is an outpatient procedure. In addition to an in-person tutorial, the device includes an informational DVD and written instructions. LifeStar will also call patients shortly after the program has begun to see if they have questions or problems, said Terri Phillips, CRT.

So far, the majority of patients St. Francis has equipped with the device have been more than 50 years old, although the program is available for all ages, Phillips said. And even though younger patients may catch on faster to the cell phone technology, they are advised to use the phone only for its heart monitoring function, she said.

"I think there are a couple of games on there," Phillips said.

The ACT program typically lasts for 21 days and must be prescribed by the patient's physician. Medicare and most insurance providers cover the program, but if not, St. Francis can work with patients to develop a flexible, convenient payment plan or provide them with a less expen-


// It's like being in a hospital on a regular heart monitor. Somebody is always watching their heartbeat. //

Pat Giffin
nurse manager



photo provided by st. francis hospital and health services

THE LIFESTAR AMBULATORY Cardiac Telemetry program uses cell phone technology to provide patients with constant heart health monitoring.




**106 N. Depot
Maryville, MO
660-562-0025**

Old Fashioned Honest Service
Quality Customer Service, Friendly Shop

Delbert's Garage

- Tune-ups
- Heating & AC Repair
- Missouri State Inspectors
- Brakes
- Computer Diagnostics
- Fuel Injection
- Suspension and Steering
- Electrical Systems clean



TANNING

Protective habits make tanning salons safer

By Stacie Zika
Missourian Reporter

Winter weather is definitely here, for many this means saying farewell to that tan that took three months to achieve. However others choose to keep their tan all year round by using indoor tanning beds.

Often times people are so worried about getting a tan they will go too long or might not let their skin have a break from tanning. The desire for a tan may also cause people not to take precautions such as wearing protective eye goggles or lotion.

Many students said they them-

selves or people they know have tanned to the point of a slight to moderate burn at least once if not more.

Student Jocelyn Stahl, who used to work at a tanning salon, said that some of her friends were guilty of over-tanning.

"Some of my friends from high school would start the morning in a tanning bed and then go lay out all day and that to me was just way too much," she said.

Jocelyn said she used to use a tanning bed at least every other day if not every day in the summer but now that she is at school she doesn't

tan nearly as often.

With spring break getting closer many students will go to the tanning salons hoping to achieve a tan suitable for swimwear. Jenny Mullen, owner of Jass Tanning Salon, said that students seeking fast results right before spring break is one of the biggest tanning mistakes.

"You have to be realistic and give yourself plenty of time. Coming in a week before spring break and expecting the perfect tan is just not realistic at all," Mullen said.

In order to get the desired results it is best to expect a longer preparation period. In general planning is a

crucial point in achieving a safe tan.

People should expect to tan at least a month before results are visible. However, if a person tans for up to two months the results may be more ideal, Mullen said.

Many tanning bed goers will ignore burns or skin irritations, which can cause more damage and problems.

"The goal is not to burn," Mullen said. "If you are burnt you should never tan on top of it. You should probably wait at least a day until you are no longer pink and then start tanning again," she said.

Anyone who is looking for a tan should take the proper steps to make sure they are tanning safely. Doing simple things such as wearing the protective eyewear, applying

lotion and being aware of your skin type and how it reacts to tanning can help you use tanning beds in a smart way.

Being observant of skin conditions and noting how the skin reacts to tanning is to the client's best advantage. Although burning is one of the more noticeable side effects there are several other things tanning clients should keep in mind as well. If skin changes, damages or irritation occur client should seek a professional opinion.

"Just pay attention to your skin in general. If you have moles watch to make sure they aren't changing in color, shape or tenderness. Always use moisturizer if skin becomes dry and just be observant of your body's reaction," Mullen said.



**LOSE WEIGHT
FEEL GREAT**

- Personal Nutrition Counseling -
\$50 for a hour/ \$25 for a half hour
(plus different packages)
- Body Fat Test - \$5
- Cholesterol Check - \$25
- Cooking Education Class - Prices Vary
- Kid's Nutrition Events - Prices Vary
- Shopping Assistance - Free
- Out of Store Events - Prices Vary
- Store Tours - Free
- Provide Classes for Girl/Boy Scouts



Deanna Bottorff, RD, LD

HuVee
EMPLOYEE OWNED

Helping to Build a Healthier Community